



**TriStateRacer.com**  
*Promoting Fitness and Raising Millions for Charity*

**Ryan Vannoy**

**7th Annual RUN TO SALUTE 5K And 1 MILE MEMORY WALK**

**34:55.9**

**October 7th, 2023**

42 out of 70 Finishers

31 out of 43 Male participants

4 out of 4 Males in your age group